

NUTRITION

Migraine Headaches and Food: The "Trigger Factor"

Up to 20 percent of the 23 million migraine sufferers in this country experience painful, debilitating migraine headaches that are initiated by eating a particular food or combination of foods. Migraine headaches can affect anyone, but women are three times more likely to suffer from them than men. If you are a sufferer of migraine headaches, you need to see a physician for a proper diagnosis and treatment plan. If you have linked your migraine headaches to "trigger" foods, try to avoid them and inform your doctor.

What may cause a migraine attack?

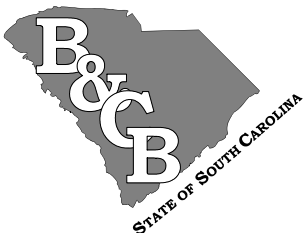
Even though the actual cause of migraines remains uncertain, various factors can "trigger" the attack. Factors that may "trigger" migraines are certain types of foods, hunger or missed meals, changes in weather, some physical activities, emotions and stress, medication and hormonal changes.

List of foods that may trigger a migraine attack

- | | |
|----------------------------|--|
| 1. Alcohol | Red wine, vermouth, champagne and beer |
| 2. Beverages with caffeine | Coffee, tea and soft drinks |
| 3. Dairy products | Aged cheeses |
| 4. Breads | Sourdough, fresh yeast and homemade breads |
| 5. Vegetables & Fruits | Peas, avocados, overripe bananas and some types of beans (Italian, broad, lentil, fava and soy) |
| 6. Snacks | Peanuts and peanut butter |
| 7. Meats | Salted and cured meats (ham, corned beef and lunch meats), dried meats, pickled herring and chicken livers |
| 8. Soups | Canned or from mixes |
| 9. Desserts | Chocolate-based desserts |

Carefully planned menus may reduce the incidence of migraine attacks. Remember it is especially important to see your physician for proper diagnosis and treatment.

For a free copy of "Chart Your Route to Relief" from Glaxo Wellcome write P.O. Box 800, Wendell, NC 27591 or call 1-800-377-0302.



STATE HEALTH PLAN PREVENTION PARTNERS
South Carolina State Budget and Control Board
Office of Insurance Services-Insurance Benefits Management
November 2000

